



Split Peas

Health Benefits of Split Peas

Rich in protein, split peas are a high-fiber, low-Calorie alternative to meat. Simple substitutions can help prevent heart disease, diabetes, osteoporosis, inflammation and some forms of cancer.

1/2 cup cooked split peas provides:

- 116 Calories, 8 gm protein, 8 gm fiber, no fat, no cholesterol

Potential benefits of consuming split peas:

- Excellent source of molybdenum, a trace element involved in digesting proteins, making DNA and metabolizing chemical toxins, especially sulfite preservatives
- Very good source of fiber that helps lower cholesterol, maintain steady blood sugars and prevent constipation and hemorrhoids
- Rich in B vitamins thiamin, pantothenic acid and folate
- Contain essential minerals copper, manganese and phosphorous
- Contain isoflavones that protect against breast & prostate cancer
- Use split peas in soups and stews, or as a side dish. Puree for use in sauces for casseroles or with herbs as vegetable or cracker dip

For more Healthy Bytes Initiative information, visit:
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